



National Nutrient Database for Standard Reference  
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**Full Report (All Nutrients) 09102, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids**

**Report Date: June 30, 2017 06:28 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
<b>Proximates</b>					
Water	g	91.50	16	0.293	224.18
Energy	kcal	30	--	--	74
Energy	kJ	126	--	--	309
Protein	g	0.35	--	--	0.86
Total lipid (fat)	g	0.07	--	--	0.17
Ash	g	0.22	--	--	0.54
Carbohydrate, by difference	g	7.87	--	--	19.28
Fiber, total dietary	g	1.0	--	--	2.5
<b>Minerals</b>					
Calcium, Ca	mg	7	--	--	17
Iron, Fe	mg	0.30	--	--	0.73
Magnesium, Mg	mg	5	--	--	12
Phosphorus, P	mg	9	--	--	22
Potassium, K	mg	78	11	3.476	191
Sodium, Na	mg	3	10	0.158	7
Zinc, Zn	mg	0.08	--	--	0.20
Copper, Cu	mg	0.067	--	--	0.164
Manganese, Mn	mg	0.151	--	--	0.370
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	1.9	17	0.121	4.7
Thiamin	mg	0.015	--	--	0.037

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g
Riboflavin	mg	0.021	--	--	0.051
Niacin	mg	0.374	--	--	0.916
Pantothenic acid	mg	0.053	--	--	0.130
Vitamin B-6	mg	0.032	--	--	0.078
Folate, total	µg	3	--	--	7
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	7
Folate, DFE	µg	3	--	--	7
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	22	--	--	54
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	440	--	--	1078
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.009	--	--	0.022
16:0	g	0.007	--	--	0.017
18:0	g	0.003	--	--	0.007
Fatty acids, total monounsaturated	g	0.013	--	--	0.032
18:1 undifferentiated	g	0.013	--	--	0.032
Fatty acids, total polyunsaturated	g	0.028	--	--	0.069
18:2 undifferentiated	g	0.025	--	--	0.061
18:3 undifferentiated	g	0.003	--	--	0.007
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
<b>Other</b>					